

ओ३म्

तमसो मा ज्योतिर्गमय । तमसो मा ज्योतिर्गमय ।

Mantras & Shlokas

*A compilation of Vedic Mantras & Shlokas
with a gist of the meaning*

CLASS – II

Compiled by


ARYASAMAJ
FOUNDATION
CHENNAI



Preface

'Mantras' ensconced in the Vedas, is an immense source of knowledge bestowed to human beings by Ishvar, the Supreme Force. They are pearls of wisdom with deep intrinsic meaning. Interestingly, the word 'Mantri' (Minister) derived from 'Mantra', means a scholarly person who always 'thinks and advises'.

'Shlokas' are short verses that communicate the essentials for everyday living and were composed by our Yogis & Rishis.

Researchers have confirmed that chanting Mantras & Shlokas, either in solitude or as a group, has significant physical, mental and emotional benefits. When accompanied by systematic rhythmic deep breathing, chanting sharpens one's mind, improves concentration, energy and enthusiasm.

The rhythmic vibrations created by chanting Mantras and Shlokas create a melodious effect in the body known as the Neuro-linguistic Effect. Another effect known as the Psycho-Linguistic Effect occurs when one understands the meaning of what is chanted.

Mantras & Shlokas are a form of spiritual energy, manifested in words. They use ancient affirmations to bring about positive changes in our lives. The thought-energy waves created by chanting enhances our spiritual quotient, thus maintaining our moral compass and ensuring that we follow the eternal path of 'Dharma'.

The booklet is a compilation of Mantras & Shlokas from diverse sources, based on age appropriateness. The gist of the entire mantra (rather than word-by-word) has been provided, to help better understanding. However, there could be certain errors and omissions in the process. We request the reader to excuse us for the omissions, but please do bring to our notice any feedback for correction and improvement in subsequent versions. We will remain grateful to you for your support and feedback. You can write to 'Arya Samaj Foundation, 212-213, Avvai Shanmugam Salai, Gopalapuram, Chennai - 600 086 or email to publications@davchennai.org.

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CLASS - II

पुनरावृत्तिः

1. ओ३म् भूर्भुवः स्वः। तत्सवितुर्वरिण्यं भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

Om bhūr bhuvah svah |Tat-savitur-varenyam bhargo devasya dhīmahi |
Dhiyo yo nah prachodayāt ||

(Yajur Veda | Chapter 36 | Mantra 3) &
Rig Veda | Mandala 3 | Sukta 62 | Mantra 10)

O Source of life! (Praana), Remover of sorrow, Giver of happiness! We meditate upon You, who created this Universe and is the source of all knowledge and bliss. May You bless us with Supreme intellect. May You also guide our intellect on to the right path.

2. ओ३म् अन्नपते अन्नस्य नो देहि अनमीवस्य शुष्मिणः ।

प्र प्र दातारं तारिष ऊर्जं नो धेहि द्विपदे चतुष्पदे ॥

Om annapate-annasya no dehi-anamīvasya śushminah |
Pra pra dātāram tāriṣa ūrjan no dhehi dvipade chatuṣpade ||

(Yajur Veda | Chapter 11 | Mantra 83)

O Ishvar! The Giver of food! May You provide us all living beings (human and animals) with healthy and energy producing food. Also, bless all those who have been involved in preparation of this food.

3. ओ३म् तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत् ।

पश्येम शरदः शतं जीवेम शरदः शतं शृणुयाम शरदः शतं प्रब्रवाम शरदः शतमदीनाः
स्याम शरदः शतं भूयश्च शरदः शतात् ॥

Om Tacchakshur-devahitam purastācchukramuccharat |
Paśyema śaradah śatam jeevema śaradah śatam śrunuyāma śaradah śatam
prabravāma śaradah śatam-adīnāḥ syāma śaradah śatam bhūyash-cha
śaradah śatāt ||

(Yajur Veda | Chapter 36 | Mantra 24)

O Ishvar – Our well-wisher and the Giver of knowledge. May we see and learn for hundred years; May we live a healthy life for hundred years; May we listen to scholars for hundred years; May we speak softly and always the truth for hundred years; May we live a happy meaningful life for hundred years and indeed even beyond that.

4. ओ३म् सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग् भवेत् ॥

Om sarve bhavantu sukhinah sarve santu nirāmayāḥ |

Sarve bhadraṇi paśyantu mā kaśchid duhkha-bhāg bhavet ||

(Brihadaranyaka Upanishad)

O Ishvar! May all be happy; May all be free from illness and miseries; May all see what is auspicious; May no one suffer any pain.

5. परोपकाराय फलन्ति वृक्षाः परोपकाराय वहन्ति नद्यः ।

परोपकाराय दुहन्ति गावः परोपकारार्थमिदं शरीरम् ॥

Paropakārāya phalanti vrikshāḥ paropakārāya vahanti nadyah |

Paropakārāya duhanti gāvah paropakārārtham-idam śarīram ||

(Subhashitani)

Trees give fruits for others to eat; Rivers flow for others to use; cows give milk for the sake of others; similarly, this body should always be used to help others.

6. विद्वत्त्वं च नृपत्वं च नैव तुल्यं कदाचन ।

स्वदेशे पूज्यते राजा विद्वान् सर्वत्र पूज्यते ॥

Vidvatvam cha nripatvam cha naiva tulyam kadāchana |

svadeśe poojyate rājā vidvān sarvatra pūjyate ||

(Hitopadesha)

Intelligence and kingdom can never be compared. A king is respected in his own land whereas a wise man is respected everywhere.

7. उद्यमेन हि सिद्ध्यन्ति कार्याणि न मनोरथैः ।

न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः ॥

Udyamena hi siddhyanti kāryāni na manorathaiḥ |

Na hi suptasya simhasya praviśanti mukhe mrigāḥ ||

(Hitopadesha)

One can achieve anything only by hard work; not by merely thinking about it. A deer does not enter the mouth of a lion by himself. (The lion despite being very strong still needs to work hard and hunt for its food)

नवीनाः

1. ओ३म् विश्वानि देव सवितर्दुरितानि परा सुव ।

यद् भद्रं तन्न आ सुव ॥

Om Viśvāni deva savitar-duritāni parāsuva |

Yad bhadram tanna āsuva ||

(Yajur Veda | Chapter 30 | Mantra 3)

O Ishvar! Creator of the universe, and Giver of true happiness! We pray to You to remove all our shortcomings and vices. May You bestow upon us all good qualities.

2. ओ३म् हिरण्यगर्भः समवर्तताग्रे भूतस्य जातः पतिरेक आसीत् ।

स दाधार पृथिवीं द्यामुतेमां कस्मै देवाय हविषा विधेम ॥

Om hiranya-garbhah samavarta-tāgre bhūtasya jātah patireka āsīt |

Sa dādharma prithivīm dhyāmutemām kasmai devāya havishā vidhema ||

(Yajur Veda | Chapter 23 | Mantra 1)

O Ishvar! You are the sole Creator of all source of light like the Sun. You always existed; You are present as of now and You will always exist. You hold and sustain the Earth and other celestial bodies, thus supporting this entire Universe. We worship You alone.

3. ओ३म् य आत्मदा बलदा यस्य विश्व उपासते प्रशिषं यस्य देवाः ।

यस्य छायाऽमृतं यस्य मृत्युः कस्मै देवाय हविषा विधेम ॥

Om ya ātmadā baladā yasya viśva upāsate praśiṣham yasya devāḥ |

Yasya chāyāmritam yasya mrityuh kasmai devāya havishā vidhema ||

(Yajur Veda | Chapter 25 | Mantra 13)

O Ishvar! You have bestowed the soul with a highly intricate physical body, moral and spiritual strength. The learned sing Your praise and humbly accept Your governance and judgment. Your shade of protection leads to immortality. Lack of trust in You, causes all kinds of miseries and fear of death. We worship You alone.

4. ओ३म् यः प्राणतो निमिषतो महित्वैक इद्राजा जगतो बभूव ।

य ईशे अस्य द्विपदश्चतुष्पदः कस्मै देवाय हविषा विधेम ॥

Om yah prānato nimishato mahitvaika idrājā jagato babhūva |

Ya īśe asya dvipadaś-chatuspadah kasmai devāya havishā vidhema ||

(Yajur Veda | Chapter 23 | Mantra 3)

O Ishvar! You are the One and only King of this entire universe (living and non-living). You alone create and rule over both humans (bipeds) and animals (quadrupeds). We worship You alone.

5. ओ३म् येन द्यौरुग्रा पृथिवी च दृढा येन स्वः स्तभितं येन नाकः ।
यो अन्तरिक्षे रजसो विमानः कस्मै देवाय हविषा विधेम ॥

Om yena dyaurugrā prithivī cha dridhā yena svah stabhitam yena nākah |
Yo antarikshe rajaso vimānah kasmai devāya havishā vidhema ||

(Yajur Veda | Chapter 32 | Mantra 6)

O Ishvar! You sustain this Universe including Sun, Earth and other celestial bodies that maintain balanced momentum. You are the giver of true happiness and bliss. We worship You alone.

6. ओ३म् प्रजापते न त्वदेतान्यन्यो विश्वा जातानि परिता बभूव ।
यत्कामास्ते जुहुमस्तन्नो अस्तु वयं स्याम पतयो रयीणाम् ॥

Om prajāpate na tvadetānyanyo viśvā jātāni paritā babhūva |
Yatkāmāste juhūmastanno-astu vayam syāma patayo rayīṇām ||

(Rig Veda | Mandal 10 | Sukta 121 | Mantra 10)

O Ishvar! You are the Lord of all. None other than You rules over life forms and the material world. May You fulfill all our cherished desires and may we have wealth and other material things.

7. ओ३म् स नो बन्धुर्जनिता स विधाता धामानि वेद भुवनानि विश्वा ।
यत्र देवा अमृतमानशानास्तृतीये धामन्नध्यैरयन्त ॥

Om sa no bandhur janitā sa vidhātā dhāmāni veda bhuvanāni viśvā |
Yatra devā amritamāna-śānās-tritiye dhāmānn-adyairayanta ||

(Yajur Veda | Chapter 32 | Mantra 10)

O Ishvar! You are our parent and our brother. You are our sustainer and controller. You are our teacher and judge. You know the name, place and source of everything. The enlightened souls, who trust you, have a sense of freedom and are not affected by miseries.

8. ओ३म् अग्ने नय सुपथा राये अस्मान् विश्वानि देव वयुनानि विद्वान् ।
युयोध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नम उक्तिं विधेम ॥

Om agne naya supathā rāye asmān viśvāni deva-vayunāni vidvān |
Yuyodhyasmaj-juhurānameno bhūyishṭtānte nama uktim vidhema ||

(Yajur Veda | Chapter 40 | Mantra 16)

O Ishvar! Please lead us on to the right path of honesty and simplicity. Remove from us all sins and crookedness. May we do only good deeds. We praise and worship You alone.

9. दृष्टिपूतं न्यसेत्पादं वस्त्रपूतं जलं पिबेत् ।
सत्यपूतां वदेद्वाचं मनःपूतं समाचरेत् ॥

Drishti-pūtam nyaset-pādam vastra-pūtam jalam pibet |
satya-pūtām vaded vācham manah pūtam samācharet ||

(Manu Smriti | Chapter 6 | Shloka 46)

Take a step only after looking ahead; drink water filtered through a cloth; talk based on the truth; perform actions (karma) based on pure mind.

10. धृतिः क्षमा दमोऽस्तेयं शौचमिन्द्रियनिग्रहः ।
धीर्विद्या सत्यमक्रोधो, दशकं धर्म लक्षणम् ॥

Dhritih kshamā damosteyam śauchamindriya-nigrahaḥ |
Dhīr vidyā satyamakrodho daśakam dharm lakshanam ||

(Manusmriti | Chapter 6 | Shloka 92)

There are 10 characteristics of Dharma – Patience, Forgiveness, Control of mind, Non-stealing, Cleanliness (external and internal), Control of senses, Intellect backed by reasoning, True knowledge, Truthfulness and Not getting angry.

11. मनस्यन्यत् वचस्यन्यत् कर्मण्यन्यत् दुरात्मनाम् ।
मनस्येकं वचस्येकं कर्मण्येकं महात्मनाम् ॥

Manasyanyat vachasyanyat karmanyanyat durātmanām|
manasyekam vachasyekam karmanyekam mahātmanām ||

(Hipotadesha)

Those whose thoughts, words and actions are in perfect harmony, are noble.
Those whose actions are contrary to their thoughts and words, are dishonourable.

12. यं मातापितरौ कष्टं सहेते संभवे नृणाम् ।
न तस्य निष्कृतिः शक्या कर्तुं वर्षशतैरपि ॥

Yam matāpitarau kṣtam saheṭe sambhave nṛiṇām
Na tasya niṣkṛiti śakyā kartum varṣa-śatair-api

(Manusmriti)

Our parents (mother and father) endure enormous pain and challenges for our birth and upbringing. We cannot repay their debt even in a hundred years.

13. तयोर्नित्यं प्रियं कुर्यादाचार्यस्य च सर्वदा ।
तेष्वेव त्रिषु तुष्टेषु तपः सर्वं समाप्यते ॥

Tayornityam priyam kuryāt āchāryasya cha sarvadā |
Teṣveva triṣu tuṣṭeṣu tapah sarvam samāpyate ||

(Manusmriti)

Mother, Father and Acharya – we should always respect them. It is true ‘Tapasya’ if they are pleased and satisfied with us.

14. अक्रोधेन जयेत् क्रोधमसाधुं साधुना जयेत् ।
जयेत् कदर्यं दानेन जयेत् सत्येन चानृतम् ॥

Akrodhena jayet krodham-asādhum sādhunā jayet |
Jayet kadaryam dānena jayet satyena chānritam |

(Mahabharat)

Overcome an angry person by being patient (not reacting). Over-come a wicked person by your own kindness. Overcome a miserly person by giving your own wealth as charity; Overcome a person who lies, by always speaking the truth.

15. अभिवादनशीलस्य नित्यं वृद्धोपसेविनः ।
चत्वारि तस्य वर्धन्ते आयुर्विद्या यशो बलम् ॥

Abhivādana śīlasya nityam vriddhopasevinah |
Chatvāri tasya vardhante āyurvidyā yaśo balam ||

(Manusmriti | Chapter 2 | Shloka 96)

Longevity, knowledge, success and strength of a humble person, who serves the elderly, always grows.

16. साहित्यसंगीतकलाविहीनः साक्षात् पशुपुच्छविषाणहीनः ।
तृणं न खादन्नपि जीवमानः तद्भ्रागधेयं परमं पशूनाम् ॥

Sāhitya-sangīta-kalā-vihīnah sākṣāt paśu-puccha-viṣāṇa-hīnah |
Triṇam na Khādanapi jivamānah tad-bhāga-dheyam paramam paśūnam ||

(Nīti Shatakam)

A person who has no understanding of any kind of literature, any form of music or any type of art – he is like an animal without a tail and horns. It is rather his good fortune that he doesn't eat grass.

17. प्रारभ्यते न खलु विघ्नभयेन नीचैः,
प्रारभ्य विघ्नविहता विरमन्ति मध्याः ।
विघ्नैः पुनः पुनरपि प्रतिहन्यमानाः
प्रारभ्य च उत्तमजनाः न परित्यजन्ति ॥

Prārabhyate na khalu vighnabhayena nīchaih
prārabhya vighnavihatā viramanti madhyāḥ ॥
Vighnaih punah punarapī pratihanyamānāḥ
prārabhya cha uttamajanāḥ na parityajanti ॥

(Nīti Shatakam)

Weak people do not even begin any challenging task out of fear; mediocre people do begin, but abandon it as soon as they face obstacles. Strong minded people do not give up once they start, in spite of facing many difficulties and hardships.

SAMARPAN PRARTHANA – DEVOTIONAL PRAYER

18. हे विभो! आनन्दसिन्धो! मे च मेधा दीयताम्।
यच्च दुरितं दीनबन्धो! तच्च दूरं नीयताम्॥ हे विभो...
चंचलानि चेन्द्रियाणि मानसं मे पूयताम्।
शरणं याचे तावकोऽहं सेवकोऽनुगृह्यताम्॥ हे विभो...
त्वयि च वीर्यं विद्यते यत् तच्च मयि निधीयताम्।
या च दुर्गुणदीनता मयि सा तु शीघ्रं क्षीयताम्॥ हे विभो...
शौर्यं धैर्यं तैजसं च भारते चेक्रियताम्।
हे दयामय अयि अनादे! प्रार्थना मम श्रूयताम्॥ हे विभो...

Hey vibho! ānandasindho! me cha medhā dīyatām |
Yacchaduritam dīnabandho! taccha dūram nīyatām ॥ Hey vibho...
Chanchalāni chendriyāṇi mānasam me pūyatām |
Śaranam yāche tāvakoham sevakonugrihyatām ॥ Hey vibho...
Tvayi cha vīryam vidyate yat taccha mayi nidhīyatām |
Yā cha durguna dīnatā mayi sā tu śīghram kshīyatām ॥ Hey vibho...
Śauryam dhairyam taijasam cha bhārate chekrīyatām |
Hey dayāmaya ayi anāde! prārthanā mama śrūyatām ॥ Hey vibho..

O Ishvar! The ocean of happiness; bless me with good intellect.
Please remove all my bad qualities and evil deeds.
Purify my various sense organs and mind, which get easily distracted.
I have come to You; kindly accept me as Your 'sevak'.
O Ishavar! Please bestow me with the vigor that you possess.
Remove at once all my weakness and bad qualities.
May all citizens of this country (Bharat) be brave, bright and patient.
O compassionate Almighty, the source of bliss, please listen to my prayers.

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